

## King County Hospitals



## North Puget Sound Region



For Clallam, Island, Jefferson, Kitsap, Pierce, San Juan, Skagit, Snohomish, and Whatcom Counties

## Southwest Washington Region



For Clark, Cowlitz, Grays Harbor, Klickitat, Lewis, Mason, Pacific, Skamania, Thurston, and Wahkiakum Counties

## Central Washington Region



For Benton, Chelan, Douglas, Franklin, Grant, Kittitas, Okanogan, and Yakima Counties

## Eastern Washington Region



For Adams, Asotin, Columbia, Ferry, Garfield, Lincoln, Pend Oreille, Spokane, Stevens, Walla Walla, and Whitman Counties

# King County Hospitals

## 1998 Average Hospital Charges

King County Residents Treated In King County Hospitals:

Hospital Name	Stroke DRG 014	Pneu- monia DRG 089	Heart Failure & Shock DRG 127	Chest Pain DRG 140	Diges- tive Disorders DRG 182	Joint Replace- ment & Reattach- ment DRG 209	Medical Back Prob- lems DRG 243	Cesarean Section DRG 371	Normal Child- birth DRG 373	Normal New- born DRG 391	Chemo- Therapy DRG 410	Psy- choses DRG 430
Auburn Regional Medical Center	7,324	7,157	5,393	3,308	4,273	14,757	4,200	4,271	2,789	713	5,420	13,229
BHC Fairfax Hospital	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	12,299
Childrens Hospital & Medical Center	8,982	4,284	4,488	-----	-----	-----	4,931	-----	-----	1,477	6,324	13,711
Community Memorial Hospital	4,368	6,421	4,900	3,509	4,595	14,943	3,823	5,783	2,859	771	-----	5,077
Evergreen Hospital Medical Center	6,534	6,550	6,687	4,274	4,385	13,333	4,126	4,336	2,668	553	5,830	3,414
Harborview Medical Center	10,794	6,283	6,779	5,709	5,179	19,361	7,675	-----	-----	-----	8,422	9,864
Highline Community Hospital	6,242	6,171	5,075	3,323	4,827	14,999	3,993	4,733	2,387	605	5,026	14,734
Northwest Hospital	5,854	5,413	4,413	2,153	3,941	14,082	3,491	4,485	2,539	627	11,733	8,360
Overlake Hospital Medical Center	6,783	5,808	6,504	4,458	5,008	14,019	4,223	4,433	2,916	792	5,204	4,088
Providence Seattle Medical Center	6,372	5,720	5,776	4,447	4,754	12,364	4,775	4,895	2,807	794	**	6,898
Regional Hospital for Respiratory and Complex Care	-----	12,186	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
Saint Francis Community Hospital	6,877	5,503	5,144	3,654	4,772	17,385	4,100	6,689	3,188	921	-----	3,104
Swedish Medical Center	7,883	7,712	7,646	5,556	5,609	16,714	4,899	6,508	3,568	918	8,993	6,656
University of Washington Medical Ctr	8,404	6,077	5,977	4,503	4,683	18,460	4,838	6,093	3,034	795	8,286	7,275
Valley Medical Center	7,373	6,138	5,373	3,322	4,564	12,944	5,306	4,443	2,470	546	8,548	4,494
Vencor Seattle Hospital	-----	17,340	7,884	-----	12,140	-----	-----	-----	-----	-----	-----	-----
Virginia Mason Hospital	6,448	6,320	5,752	3,719	4,980	15,317	4,645	-----	-----	-----	7,949	2,281
<b>Region Averages</b>	<b>6,994</b>	<b>6,326</b>	<b>5,939</b>	<b>3,943</b>	<b>4,827</b>	<b>14,895</b>	<b>4,964</b>	<b>5,211</b>	<b>2,912</b>	<b>748</b>	<b>7,800</b>	<b>7,845</b>

King County Residents Treated In Other Regions:

North Puget Sound Region	6,858	5,006	5,468	3,342	4,766	15,498	5,056	5,962	2,886	776	8,717	6,925
Southwest Washington Region	5,339	9,156	7,975	2,131	1,402	16,757	-----	4,880	3,338	673	-----	7,032
Central Washington Region	3,330	5,538	7,050	3,212	2,711	13,183	3,977	7,078	2,754	797	-----	8,861
Eastern Washington Region	5,293	-----	4,327	2,314	6,759	-----	11,002	-----	2,278	567	-----	11,862
<b>Averages for King County Residents</b>	<b>6,983</b>	<b>6,289</b>	<b>5,927</b>	<b>3,903</b>	<b>4,824</b>	<b>14,913</b>	<b>4,972</b>	<b>5,237</b>	<b>2,911</b>	<b>749</b>	<b>7,839</b>	<b>7,814</b>
<b>Statewide Averages</b>	<b>6,813</b>	<b>6,280</b>	<b>5,777</b>	<b>3,555</b>	<b>4,783</b>	<b>15,696</b>	<b>4,723</b>	<b>5,486</b>	<b>2,866</b>	<b>776</b>	<b>8,261</b>	<b>7,739</b>

NOTE: Values in *Italic* are based on less than 25 discharges.

Group Health Hospitals do not report charges to the Department of Health.

\*\*Providence Seattle reported incomplete data in DRG 410 for 1998.

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# North Puget Sound Washington Hospitals

## 1998 Average Hospital Charges

North Puget Sound Residents Treated In North Puget Sound Hospitals:

Hospital Name	Stroke DRG 014	Pneu- monia DRG 089	Heart Failure & Shock DRG 127	Chest Pain DRG 140	Diges- tive Disorders DRG 182	Joint Replace- ment & Reattach- ment DRG 209	Medical Back Prob- lems DRG 243	Cesarean Section DRG 371	Normal Child- birth DRG 373	Normal New- born DRG 391	Chemo- Therapy DRG 410	Psy- choses DRG 430
Affiliated Health Services	6,483	6,394	6,940	3,706	4,979	16,453	5,776	5,183	3,028	814	7,359	7,560
Cascade Valley Hospital	4,315	4,815	3,802	2,803	3,800	15,322	3,043	5,165	2,382	596	———	———
Forks Community Hospital	7,796	4,748	5,742	2,717	3,559	———	3,419	7,696	2,981	525	———	1,382
Good Samaritan Hospital	6,829	5,662	4,998	3,424	4,874	17,161	4,564	5,763	3,334	835	10,748	3,081
Harrison Memorial Hospital	5,083	5,389	4,928	3,636	3,768	13,726	3,271	4,672	2,402	588	6,985	5,184
Island Hospital	7,035	6,376	6,060	4,182	5,326	16,368	6,144	7,474	2,485	870	———	4,362
Jefferson General Hospital	5,306	6,323	4,600	3,259	3,543	16,806	3,615	6,285	3,591	633	———	2,826
Mary Bridge Childrens Health Center	8,227	———	6,640	———	2,300	———	6,229	———	———	960	7,074	6,078
Olympic Memorial Hospital	5,138	5,621	5,101	2,715	4,183	12,806	3,793	4,739	2,346	848	3,759	3,608
Providence General Medical Center	7,151	5,839	5,329	2,920	5,078	15,964	4,448	6,003	3,489	818	8,945	8,512
Puget Sound Hospital	7,084	8,090	7,588	3,777	4,838	15,080	7,291	———	———	———	———	6,873
Saint Clare Hospital	7,525	6,146	5,262	3,726	5,472	18,835	4,193	7,306	3,310	939	———	———
Saint Joseph Hospital	6,527	6,247	6,032	3,229	5,153	14,967	4,593	7,433	2,913	902	6,319	9,373
Saint Joseph Medical Center	7,269	5,561	5,509	4,544	5,948	17,497	5,393	7,226	3,093	976	9,981	3,415
Stevens Hospital	7,414	5,966	4,988	3,051	4,348	12,264	4,268	4,441	2,487	548	6,628	6,995
Tacoma General Hospital	7,154	5,938	5,740	3,368	4,890	19,781	4,890	4,355	2,472	663	7,491	6,819
Valley General Hospital	4,733	5,236	4,552	2,575	4,679	13,909	3,667	5,447	2,489	783	———	———
Whidbey General Hospital	5,945	6,082	4,776	3,204	4,480	18,471	3,468	5,180	2,045	534	4,898	1,394
<b>Region Averages</b>	<b>6,848</b>	<b>5,890</b>	<b>5,388</b>	<b>3,291</b>	<b>4,772</b>	<b>16,330</b>	<b>4,550</b>	<b>5,538</b>	<b>2,890</b>	<b>775</b>	<b>8,169</b>	<b>6,047</b>

North Puget Sound Residents Treated In Other Regions:

King County Region	8,361	6,386	6,550	4,097	5,045	15,635	5,664	5,277	2,898	718	8,101	9,091
Southwest Washington Region	5,495	6,619	5,019	3,151	4,781	13,979	3,187	6,736	3,451	751	———	10,103
Central Washington Region	8,188	7,482	6,756	4,482	4,289	18,742	2,539	5,672	2,207	916	———	9,311
Eastern Washington Region	———	5,281	5,418	3,692	4,805	19,902	6,238	———	1,976	539	———	8,521

Averages for North Puget Sound

Residents	6,826	5,937	5,486	3,374	4,807	16,183	4,777	5,490	2,893	766	8,128	6,782
State Averages	6,813	6,280	5,777	3,555	4,783	15,696	4,723	5,486	2,866	776	8,261	7,739

NOTE: Values in *Italic* are based on less than 25 discharges.

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# Southwest Washington Hospitals

## 1998 Average Hospital Charges

Southwest Washington Residents Treated In Southwest Washington Hospitals:

Hospital Name	Stroke DRG 014	Pneu- monia DRG 089	Heart Failure & Shock DRG 127	Chest Pain DRG 140	Diges- tive Disorders DRG 182	Replace- ment & Reattach- ment DRG 209	Joint Medical Back Prob- lems DRG 243	Cesarean Section DRG 371	Normal Child- birth DRG 373	Normal New- born DRG 391	Chemo- Therapy DRG 410	Psy- choses DRG 430
Capital Medical Center	7,088	7,437	6,950	3,591	6,108	17,140	4,583	6,839	3,325	747	14,532	17,371
Grays Harbor Community Hospital	7,802	7,833	7,701	4,976	5,524	22,566	4,491	7,825	3,289	979	———	2,744
Klickitat Valley Hospital	5,130	6,603	4,432	3,700	3,575	———	2,242	8,658	3,163	667	———	———
Mark Reed Memorial Hospital	3,237	4,674	4,401	———	———	———	2,045	———	———	———	———	———
Mason General Hospital	4,908	5,417	4,901	3,258	3,980	14,951	5,232	5,775	2,838	685	———	4,182
Morton General Hospital	4,247	4,533	3,945	2,665	1,965	———	2,886	———	3,063	833	———	———
Ocean Beach Hospital	5,835	7,298	4,750	2,992	3,314	———	4,282	———	———	———	———	———
Providence Centralia Hospital	6,220	6,961	5,601	4,184	4,597	14,993	3,879	6,058	2,878	847	———	———
Providence Saint Peter Hospital	6,101	5,913	5,613	3,053	4,447	13,665	5,230	5,581	3,380	726	9,113	8,487
Saint John Medical Center	7,199	6,621	6,708	3,549	5,042	12,869	4,863	6,258	3,624	802	8,997	8,847
Skyline Hospital	4,672	6,642	5,078	2,932	2,994	———	3,747	8,403	3,552	875	———	———
Southwest Washington Medical Center	6,634	5,429	5,007	2,665	4,364	16,523	4,216	5,490	2,818	766	6,819	5,919
Willapa Harbor Hospital	5,165	7,158	5,861	3,286	4,343	———	5,170	8,120	2,466	930	———	4,012
<b>Region Averages</b>	<b>6,472</b>	<b>6,246</b>	<b>5,818</b>	<b>3,417</b>	<b>4,634</b>	<b>15,217</b>	<b>4,612</b>	<b>5,984</b>	<b>3,087</b>	<b>778</b>	<b>9,591</b>	<b>7,920</b>

Southwest Washington Residents Treated In Other Regions:

North Puget Sound Region	6,305	5,571	5,111	3,020	3,842	17,452	4,358	5,738	2,828	755	8,150	5,857
King County Region	10,792	7,565	7,192	5,727	5,923	16,140	5,794	5,715	3,128	760	6,915	10,885
Central Washington Region	7,188	5,919	6,963	2,775	2,186	26,859	4,051	5,502	2,714	732	7,723	10,186
Eastern Washington Region	3,351	———	3,694	———	3,788	11,473	———	———	2,653	755	———	7,347

Averages for Southwest

Washington Residents	6,524	6,235	5,817	3,408	4,628	15,354	4,656	5,973	3,081	777	8,135	8,025
Statewide Averages	6,813	6,280	5,777	3,555	4,783	15,696	4,723	5,486	2,866	776	8,261	7,739

NOTE: Values in *Italic* are based on less than 25 discharges.

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# Central Washington Hospitals

## 1998 Average Hospital Charges

Central Washington Residents Treated In Central Washington Hospitals:

Hospital Name	Stroke DRG 014	Pneu- monia DRG 089	Heart Failure & Shock DRG 127	Chest Pain DRG 140	Diges- tive Disorders DRG 182	Joint Replace- ment & Reattach- ment DRG 209	Medical Back Prob- lems DRG 243	Cesarean Section DRG 371	Normal Child- birth DRG 373	Normal New- born DRG 391	Chemo- Therapy DRG 410	Psy- choses DRG 430
Cascade Medical Center	3,419	5,318	5,019	3,893	3,032	————	3,918	————	————	————	————	1,528
Central Washington Hospital	6,817	6,130	5,570	3,674	4,542	12,298	4,092	4,712	3,004	875	9,489	3,578
Columbia Basin Hospital	4,872	3,984	3,183	1,945	1,966	————	2,186	————	1,612	567	————	1,750
Coulee Community Hospital	4,877	5,423	2,864	————	2,922	————	————	7,350	1,660	477	————	2,267
Kadlec Medical Center	8,391	7,287	5,864	3,283	4,678	15,849	5,172	4,959	2,891	858	12,145	3,342
Kennewick General Hospital	6,094	6,780	5,924	3,253	5,800	15,965	6,093	6,120	2,959	792	7,674	4,330
Kittitas Valley Hospital	5,631	6,173	5,245	2,167	3,314	17,433	3,924	4,882	2,651	720	————	————
Lake Chelan Community Hospital	4,889	7,134	6,811	2,403	4,472	————	5,300	7,365	3,346	820	————	7,526
Lourdes Counseling Center	————	————	————	————	————	————	————	————	————	————	————	9,260
Lourdes Medical Center	6,615	6,359	5,307	3,687	5,035	17,192	3,431	6,906	2,351	698	————	————
Mid-Valley Hospital	5,641	6,286	6,352	3,586	3,307	19,977	4,264	6,122	2,260	801	————	————
North Valley Hospital	4,030	5,765	3,568	3,090	5,907	————	3,034	6,558	2,691	584	————	————
Okanogan-Douglas Hospital	5,314	5,960	4,210	3,286	3,130	20,098	3,514	5,517	2,230	603	————	2,766
Prosser Memorial Hospital	3,442	6,482	4,449	3,927	4,095	————	2,050	5,361	2,101	739	————	————
Providence Toppenish Hospital	6,617	7,524	5,940	4,558	4,317	18,237	4,722	5,073	1,970	778	————	————
Providence Yakima Medical Center	6,543	7,267	5,608	4,181	4,718	13,942	4,764	5,628	2,720	773	9,397	7,930
Quincy Valley Hospital	3,761	5,176	2,106	2,118	————	————	1,627	5,870	3,023	901	————	————
Samaritan Hospital	6,021	5,735	5,180	2,765	3,771	18,866	3,436	5,467	2,312	936	————	6,293
Sunnyside Community Hospital	5,844	6,960	5,633	3,133	5,825	17,406	4,223	5,272	2,298	868	————	————
Yakima Valley Memorial Hospital	5,710	5,918	5,587	3,602	4,519	14,498	3,575	4,965	2,851	902	10,222	7,946
<b>Region Averages</b>	<b>6,381</b>	<b>6,431</b>	<b>5,525</b>	<b>3,271</b>	<b>4,492</b>	<b>14,962</b>	<b>4,170</b>	<b>5,339</b>	<b>2,667</b>	<b>831</b>	<b>10,511</b>	<b>8,486</b>

Central Washington Residents Treated In Other Regions:

North Puget Sound Region	6,040	4,479	5,263	3,264	3,405	19,440	3,915	7,831	2,286	646	————	6,977
King County Region	7,596	5,598	5,174	4,564	5,881	15,484	4,127	6,233	2,849	637	9,298	10,367
Southwest Washington Region	3,489	4,141	5,117	————	2,628	14,445	9,124	————	2,961	761	7,422	7,302
Eastern Washington Region	9,506	8,300	7,722	2,659	4,919	16,823	3,275	5,247	2,426	790	11,199	9,922
<b>Averages for Central WA Residents</b>	<b>6,489</b>	<b>6,448</b>	<b>5,561</b>	<b>3,280</b>	<b>4,531</b>	<b>15,083</b>	<b>4,172</b>	<b>5,348</b>	<b>2,672</b>	<b>829</b>	<b>9,872</b>	<b>8,746</b>
<b>State Averages</b>	<b>6,813</b>	<b>6,280</b>	<b>5,777</b>	<b>3,555</b>	<b>4,783</b>	<b>15,696</b>	<b>4,723</b>	<b>5,486</b>	<b>2,866</b>	<b>776</b>	<b>8,261</b>	<b>7,739</b>

NOTE: Values in *Italic* are based on less than 25 discharges.

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# Eastern Washington Hospitals

## 1998 Average Hospital Charges

Eastern Washington Residents Treated In Eastern Washington Hospitals:

Hospital Name	Stroke DRG 014	Pneu- monia DRG 089	Heart Failure & Shock DRG 127	Chest Pain DRG 140	Diges- tive Disorders DRG 182	Replace- ment & Reattach- ment DRG 209	Joint Medical Back Prob- lems DRG 243	Cesarean Section DRG 371	Normal Child- birth DRG 373	Normal New- born DRG 391	Chemo- Therapy DRG 410	Psy- choses DRG 430
Dayton General Hospital	4,709	7,327	5,605	2,590	2,585	————	3,631	————	————	————	————	3,378
Deaconess Medical Center	7,514	7,512	7,848	6,179	6,324	16,424	5,097	5,105	2,549	755	8,731	————
Deer Park Health Center & Hospital	2,480	6,109	7,046	1,945	2,547	————	2,208	————	2,334	802	————	————
East Adams Rural Hospital	4,485	5,993	3,919	2,760	3,176	————	4,309	————	————	————	————	————
Ferry County Memorial Hospital	4,639	4,124	3,039	2,029	3,129	————	2,357	5,516	2,009	473	————	3,636
Garfield County Memorial Hospital	4,540	4,396	3,879	————	————	————	2,632	————	————	————	————	————
Holy Family Hospital	6,194	6,511	5,440	3,504	4,751	16,542	4,371	6,048	2,607	777	7,379	2,612
Lincoln Hospital	7,129	6,884	5,560	3,236	4,431	————	3,988	7,619	2,484	1,037	————	2,438
Mount Carmel Hospital	7,058	6,304	5,921	4,345	5,322	22,024	4,293	6,892	2,258	672	————	2,198
Newport Community Hospital	3,920	6,520	4,592	3,114	3,841	————	4,146	6,899	2,624	742	————	2,784
Odessa Memorial Hospital	3,491	4,700	5,179	1,811	1,941	————	————	————	————	————	————	2,284
Othello Community Hospital	5,028	5,928	4,767	3,278	4,081	17,240	3,355	5,756	2,141	830	————	1,551
Pullman Memorial Hospital	6,203	6,572	5,713	3,807	4,791	21,411	3,525	6,156	2,290	572	————	1,432
Sacred Heart Medical Center	7,943	7,477	7,281	4,280	6,511	16,553	5,353	5,778	2,871	827	8,183	10,124
Saint Josephs Hospital of Chewelah	5,122	6,418	4,287	3,469	3,305	————	3,492	6,033	2,549	807	————	————
Saint Lukes Rehabilitation Institute	6,869	————	————	————	————	————	————	————	————	————	————	————
Saint Mary Medical Center	7,003	7,459	6,225	4,751	5,395	18,764	4,464	6,787	2,592	949	9,697	5,888
Tri-State Memorial Hospital	7,329	6,998	5,176	4,179	4,022	16,726	2,466	————	————	————	————	————
Valley Hospital & Medical Center	8,422	7,862	7,534	4,003	5,137	16,652	5,475	6,188	2,855	707	14,177	————
Walla Walla General Hospital	7,779	7,448	8,311	5,109	4,083	19,636	3,614	6,898	2,683	1,161	————	————
Whitman Hospital & Medical Center	3,836	4,035	3,518	2,159	3,193	16,834	2,997	5,453	2,326	676	————	2,662
<b>Region Averages</b>	<b>7,121</b>	<b>6,929</b>	<b>6,521</b>	<b>4,022</b>	<b>5,112</b>	<b>16,946</b>	<b>4,495</b>	<b>5,747</b>	<b>2,640</b>	<b>788</b>	<b>8,980</b>	<b>9,520</b>

Eastern Washington Residents Treated In Other Regions:

North Puget Sound Region	7,851	6,689	5,447	————	————	13,575	————	————	2,989	771	————	7,518
King County Region	5,217	7,316	5,568	————	4,267	16,428	4,666	6,211	3,008	813	11,146	7,350
Southwest Washington Region	10,347	————	————	2,651	3,303	————	————	————	2,649	————	————	————
Central Washington Region	7,618	8,350	4,221	2,117	3,824	17,789	————	5,471	2,667	846	————	9,454
<b>Averages for Eastern WA Residents</b>	<b>7,122</b>	<b>6,935</b>	<b>6,494</b>	<b>3,991</b>	<b>5,089</b>	<b>16,960</b>	<b>4,497</b>	<b>5,742</b>	<b>2,641</b>	<b>790</b>	<b>9,311</b>	<b>9,475</b>
<b>State Averages</b>	<b>6,813</b>	<b>6,280</b>	<b>5,777</b>	<b>3,555</b>	<b>4,783</b>	<b>15,696</b>	<b>4,723</b>	<b>5,486</b>	<b>2,866</b>	<b>776</b>	<b>8,261</b>	<b>7,739</b>

NOTE: Values in *Italic* are based on less than 25 discharges.

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# Illness Category Definitions

**DRG 14: Stroke** Stroke and related conditions, such as bleeding in the brain and sudden blockage of blood vessels in the brain.

**DRG 89: Pneumonia** Age 18 or older with complications. Bacterial, viral, and bronchial pneumonia and pleurisy.

**DRG 127: Heart Failure & Shock** Conditions related to weakening heart muscles as a result of high blood pressure, rheumatic heart disease, and congestive heart failure.

**DRG 140: Chest Pain** Severe pain related to a heart condition.

**DRG 182: Digestive Disorders** Age 18 or older with complications. Conditions related to the esophagus, stomach, and intestines, such as salmonella, food poisoning, infectious diarrhea, intestinal parasites, persistent vomiting, heartburn, gas and abdominal pain.

**DRG 209: Joint Replacement & Limb Reattachment** Major lower joint replacements such as knees, hips, ankles; and major lower limb reattachments, such as foot and lower leg.

**DRG 243: Medical Back Problems** Non-surgical treatments for back pain resulting from disease, injury or malformation, such as disc displacement, lumbago, sciatica, scoliosis, fractures, dislocations, and sprains.

**DRG 371: Cesarean Section** Normal delivery of a baby or babies through incisions made in the mother's abdomen.

**DRG 373: Normal Childbirth** Normal delivery of a baby or babies without surgery.

**DRG 391: Normal Newborn** Newly delivered babies without significant health problems.

**DRG 410: Chemotherapy** Maintenance and follow-up drug treatments for cancer.

**DRG 430: Psychoses** Major personality disorders such as schizophrenia, catatonia, manic disorders, bipolar affective disorders, and paranoia.

## Note:

The information in this brochure comes from data provided to the state Department of Health by Washington hospitals. The data are grouped into illness categories, called Diagnosis Related Groups, or DRGs. They combine similar diagnoses and treatments.

The charges listed are **averages** for items and services provided by hospitals, based on the number of patients and total charges for that illness as reported in the region in 1998. **Doctor fees are not included.** Figures include charges for the hospital room, hospital services ordered by a doctor (such as x-rays and laboratory tests), and personal care items (such as hospital gowns). Very high or low charges and very long or short stays are not included in the averages.

Because these figures are averages, they may be different from what you are billed.

# Making Informed Choices

This brochure can help you make informed health care choices. It is designed to show how health care charges for similar illnesses can vary by hospital. By using this information to let your health care providers know you plan to take an active role, you can make them more aware of the need for affordable, readily available care.

The information in this brochure comes from data provided to the Department of Health by Washington hospitals. This data is grouped into illness categories which combine similar diagnoses and treatments. There is a brief description of each category on the inside.

The charges in this brochure are **averages** based on the number of patients and total charges for that illness as reported in that region in 1998. How long you are in the hospital, the level of care you receive, complications, special laboratory services, and fee increases all affect the charges for hospital services. Because these figures are averages, they may be different from what you are billed.

Use this information to talk with your doctor about how to get the best care while keeping costs down.

## For additional brochures:

1-360-236-4200

or visit:

[www.doh.wa.gov/data/hospdata.htm](http://www.doh.wa.gov/data/hospdata.htm)

## Complaints about quality of care:

Hospitals: 1-800-633-6828

Professional Licensing: 1-360-236-4700

## Health Consumer Assistance:

1-800-525-0127

## Washington State

### Department of Health

Office of Hospital & Patient Data Systems  
P.O. Box 47811  
Olympia, WA 98504-7811

# Health Care Tips

## Take Responsibility for Your Health

Play an active role in the health care of yourself and your family. Be prepared for doctor visits. Don't wait for a medical emergency to compare hospital or physician fees and services.

**Plan.** Choose an insurance plan that best meets your needs. Select doctors and hospitals you trust, that work with your insurance provider and are reasonably priced.

**Know** your rights and responsibilities as a patient. Know your personal and family medical history.

**Learn** about your illness or condition. Gather information about the latest treatments and alternatives to surgery.

**Act.** Don't wait. Look into alternatives. Speak up. Tell your doctor about your symptoms and what you think may be causing them.

## Ask Questions

You have the right to be involved in your care and treatment. Have questions ready ahead of time to ask your doctor, insurance representative, and the hospital:

- What do my symptoms mean?
- What tests do I need and why do I need them?
- What risks are involved if I have surgery?
- How long does the surgery take and how long do I need to stay in the hospital?
- How much of the cost will my insurance cover?
- What items and services are included in the hospital charges?
- How soon can I return to my normal activities?

## Avoid Unnecessary Treatment

Your doctor's decisions about your care can account for as much as three-quarters of your medical bills. You can save time and money by seeking the best treatment for your needs. You can be more confident of your treatment and reduce unforeseen costs if you choose a good insurance plan, use preferred providers, and get second opinions. Find out your options by asking questions such as:

- Is surgery or medication necessary? Why?
- Can my tests or surgery be done somewhere besides the hospital?
- What other treatments are available?
- Can I make any changes, such as diet and exercise, that might help my condition?

## Prevent Injuries and Illness

The best way to avoid medical treatment is to practice preventive care and create safe home and work environments.

- Get regular check-ups and physical exams.
- Take free health tests when they are available.
- Schedule the health screening tests recommended for your age, sex, and risk group.
- Select an insurance plan with good preventive care coverage.
- Wear a seat belt.
- Never drink and drive.
- Eliminate unsafe conditions at home and at work.
- Keep guns locked up.
- Install smoke detectors and fire extinguishers.
- Wear sunscreen.

## Develop a Healthy Lifestyle

Another way to avoid illness is to develop lifelong habits that keep you healthy.

- Don't smoke.
- Limit the amount of alcohol you drink.
- Exercise regularly.
- Eat a balanced diet that is low in fat and high in fiber.
- Maintain a healthy weight.
- Stay mentally active and involved with self, family and community.
- Keep a sense of humor about life.

## Examine Hospital and Medical Bills

Check all medical bills carefully for errors. Look to see if you have been overcharged, billed more than once, or charged for an item or service you did not receive. If you have trouble understanding your bill, ask your doctor or the hospital for an explanation. **Washington Department of Health does not regulate hospital rates or billing practices.**

## Washington State Department of Health

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P.O. Box 47811  
Olympia, WA 98504-7811

This brochure is published to increase consumer awareness of health care charges. For additional copies write to the Department of Health at the address above or call 360-236-4200.